

This Patent is a Seed and it's Derivatives Processed
to Provide the Claims Listed

The Best methods are different for different illnesses, but you get many benefits with the best method that has a rice, sesame seed, milk, caffeine, cheese, green bean, oil, and a pharmaceutical drug or other herbs and medicines or classes of medicines added but not necessary.

The best methods and my favorite best methods are simply the ways I have made to heal the items in my Exhibit A.

I use the black or tan sesame seed as a potent medicine mixed with the other seed to maximize the benefits of my medicines. I do not ever want to get high. Too much caffeine or too much of seeds with a narcotic effect harm the ability to function naturally. I have found this mix to work best for my illnesses.

but I have made a cracker or a bread that can be sold daily to the entire world and this is it, my best methods.

There are Different Combinations You Need to
Focus on

#1 Processed seed and Milk and caffeine (Caffeine is not needed, but is a best method) Look in Best methods to find a recipe for this.

#2 Processed Green Plant, Milk and caffeine (Caffeine is not needed, but is a best method) Look in Best Methods for this.

#3 Processed Seed, Sesame seed, green tea, Milk, Cheese, green plant, oil, Look in Best Methods for this and Diane's favorite Best Methods (cooked and Uncooked versions) Meat can be added. Fruit or wine or alcohol can be added.

#4 Pharmaceutical Drug or Processed Drug, and the #1-#3 combinations.

#5 The ingredients inside you processed at 98.6 degrees avg. (You can use animal temps also.)

#6 Unprocessed Seed, Seed Derivatives, milk, green tea

#7 Unprocessed Seed, seed Derivative, milk

#8 Unprocessed Ingredients

#9 Combined Ingredients

#10 How these continue inside the human and animal body

#11 How and what to eat to maximize potency

#12 Processed Ingredients

All these ingredients can be interchanged, but to make a myriad of different drugs, try interchanging the sesame seed for poppy seeds or fennel seeds or Evening Primrose seeds. Try exchanging the green beans for seaweed or broccoli or other greens. Try adding different Pharmaceutical drugs or other drugs or herbs into this basic mixture and come up with many new drugs. Just mix them in and make them continue. How hard can that be? Just add oil. They just need to be added into this patent. There are so many variations that I cannot even begin to tell you all of them. You just need to know that these basic best methods will do so many different healings. Each ingredient is packed with different benefits and by using the benefits of an added ingredient or drug, you have virtually eliminated almost every disease on this planet. The seed can be interchanged with like kind seeds. The Green plants can be interchanged for other greens. I can interchange cheese, sour cream, milk and want you to try the same. I have even used sperm and vaginal juice and saliva. It causes a wonderful potency with evaporated milk. I have many incredible variations. I have been doing this successfully for 5½ years. Many combinations work.

Take the above combinations to concentrate on (listed above) and use these as your testing template. You will find a myriad of drug combinations. Interchange the

ingredients and see different combinations with interchangeable ingredients. Use like kind ingredients as an interchangeable template: Many recipes are best methods and each ingredient or recipe has its own benefits and characteristics and you can change the drug by adding a seed or seed derivative, plant or herb or add another drug that has specific unique benefits and characteristics.

Explanation: 12 sheets of seaweed sushi squares cooked in 1 gallon of milk until dry. Eat with hot milk. To make it more potent Take the same recipe and cook 2 green tea bags in water until water is dark. Remove the tea bags and cook those seaweed sheets with the green tea water and milk. Both recipes work. One is a lot different food than the other. I consider both of these simple but not my best methods. These don't have a long term drug effect. I made a over 21 day narcotic. It just kept on strong for 21 days. The best method for a long term drug effect has seed or rice in it. Oil makes this long term medicine able to medicate long term. You have to discern what you want from this drug. Do you want long term or short term medicine? I consume both with hot milk. I love many of the basic combinations and combining different ingredients with milk and green tea allows me to sample many wonderful mixes of best methods. I can combine any of these and make a myriad of different DRUGS.

Seeds that are just placed in the recipe. Grinding seeds is not needed, but increases potency. It is not needed. I made my favorite recipe with not ground sesame seeds for years and then one day I ground them. Seeds expand and can cause narcotics to be very strong. I add greens, milk, and an activator so they are in a very potent environment. Please drink oil or add oil to make it continue with a great continual drug. Let me show you how to reduce potency. Please just use a smaller dose in your recipe of small dark, brown or black seeds. You can see potency clearly after 10-30 days of use. To lower a strength example: do not use 4 Tablespoons of Black sesame seeds. Use just 2 . . . (or 3 or 2.) If You are not taking any of this medicine and have already placed the continuation drug in your body and are eating only food to maintain a good and perfect balance, please understand that too much of a green causes the narcotic to move out, too much of a grain will do the same. Too much of an oil can cause increased narcotic effects, too much green tea or caffeine will cause an increased medication effect or imbalance, too much of a small seed cooked in caffeine and milk many times will cause increased medication drug effects, too much of cheese cause a wrong psychotic effect and too much wine will cause a detoxification. Keep the balance of foods as listed in best methods and just eat a little every day. Drink coffee or green tea first thing every morning to get the medicine moving fluidly through your body. It immediately removes any psychosis or issues you may have first thing in the morning. Drink a little oil to stop your imbalance and always re-regulate with the best methods listed. You don't even need to make this food with green tea, coffee or caffeine. You could just cook the oatmeal or sesame seeds or green seaweed with milk many times.

I take 1-2 Tablespoons with hot milk per day (always take much 1 cup to 1½ cups at first and lower amounts until acclimated).

YOU MAY DRINK ALCOHOL with this and enhance the medicine and cook it directly into this. You must put a warning label on these drugs that states that alcohol will increase the effects. Alcohol can be added to many of my foods or medicines listed in this patent. You do not need to drink alcohol if on this. I only need 1 glass of wine vs a bottle to enjoy wine. This medicine is so wonderful and I feel absolutely great all the time, I do feel a need to drink. It will